

# DO WHAT NEEDS TO BE DONE

# Sports

Football and wrestling seasons **OVERLAP**, better email Coach Vincent Perez for a later try-out. Get to school 10 minutes **EARLY** to drop off your tennis rackets at the athletic office. Hit the machines at In Shape Family Fitness over winter break so you don't lose your conditioning. Make sure you're **ON TIME** to every class period; it's Game Day. You have a test first block after that 6 a.m. practice, so **PACK** a Red Bull. Take an Advil and **TAPE** your ankle — it hasn't quite healed yet, but you do what needs to be done.

"We had a tough preseason and played a lot of good competition. We had seen everything that could've been thrown at us before [the Section Championship]. Lots of people had gotten injured, myself recovering from an ACL tear last year. But we came out on top."

MARISSA SHIHADAH



**LASER FOCUSED.** Playing against Rodriguez Oct. 12, Harrison Cummings tries to shoot the ball. The meet, 33 water polo team competed in the Reno 33 Tournament, and Cummings said it was his favorite moment of the season. "We didn't do so well in the tournament, but being with my teammates in the heat was the best part," Cummings said.



**MORE THAN A SPORT.** Before playing Rocklin Feb. 5, the maroon 33 soccer team takes a knee for a pregame huddle. Players were affected by the death of Place United Coach Matt Scamocci, and Kaitlyn Severson, their team captain, considered not playing at all. Bayley Segge played for Coach Scamocci, and although he was injured he said he would have played if he could. "That game was really inspiring because everyone was trying to play for [Scamocci] and in honor of him," Segge said.



**OFF YOUR JUMP FOOT.** Gaining momentum, Jocelyn Yeh runs towards the pole vault pit Feb. 12. Yeh was back in middle school and had wanted to compete in hurdles her freshman year, but because she had the flu was long and she had a bad injury in gymnastics, she joined pole vault instead. "The most important skill is overcoming the fear. People think it's very scary because you're upside down and it feels like you're flying, but once you realize it's not scary, you feel so free," Yeh said.

"We felt more comfortable there because we had experience from last year. [Being back at Section] was our goal all year, so we were all super happy to achieve it."

KENDALL DYKSTRA



"Winning felt unreal because playing back-to-back is something our program has never done before. Everything we worked for paid off!"

BIANCA LILLY

